

# EMOTIONAL INTELLIGENCE FOR MANAGERS / PROJECT MANAGERS 4-DAY CERTIFICATION



Emotional Intelligence is vital in the workplace. The higher the level of emotional intelligence a manager has the more effective they will be. Managers must be able to handle and understand their emotions so they can be a positive role model for their employees. If a manager walks around with a bad attitude it could decrease the morale in the workplace.

Emotional Intelligence (EI) abilities have been shown to be a vital component of individual and organizational success. In our emotional intelligence certification, you will discover the importance of maximizing your EI in order to improve your ability to reach your potential. Plus, you'll **discover your emotional triggers in order to reduce emotional breakdowns.**

Developing and maintaining positive interpersonal relationships among colleagues, subordinates and superiors is a key to a successful work environment.

**July 22-25, 2014**  
**[www.DRWInstitute.org](http://www.DRWInstitute.org)**



**DRW LIFE SKILLS INSTITUTE @ UCFBIP**

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# Emotional Intelligence for Managers / Project Managers

## 4-Day Certification

### Day 1 Self-awareness

- Understanding Emotional Intelligence
- Understanding Emotions
- Identify Emotional Red Flags and Emotional Triggers
- Increase capacity to listen, respect, accept and honor yourself
- Learn techniques to improve your self-awareness

### Day 2 Self-Management

- Understanding Emotional Breakdowns
- Learn techniques to improve your self-management
- Learn techniques to improve self-control

### Day 3 Social-Awareness

- Increase capacity to listen, respect, accept and honor people from diverse cultures and generations
- Increase ability to read the spoken and unspoken thoughts and feelings of others
- Recognize your filters and bias

### Day 4 Empathy & Team Management

- Improve your empathetic listening skills
- Develop strong relationships strategies
- Learn techniques for truth telling
- Learn about emotional boundaries and communication

Facilitator: Dr. Wanda Bonet-Gascot PhD, MBA; Founder of DRW Life Skills Institute and author of the DRW Emotional Intelligence Holistic Model for Wellness and Leadership.

When: July 22-25, 2014

Where: UCF Incubator – 111 E. Monument Ave, Suite 401, Kissimmee, FL 34741

Time: 9:00am – 4:00pm

Tuition \$1,495

(Early Bird \$1,295 (Before June 30))

Class size limited to 10. Tuition includes all materials, books, EQ-i Leadership Assessment, breakfast and refreshments throughout the day.